

# Breakers finishes in top 10 in physical activity competition

**BUSINESS**

By Joseph Setinsek - Daily News Staff Writer



PALM HEALTHCARE FOUNDATION INC.

The team from Two North Breakers Row, pictured, was the top performing team with The Breakers. Courtesy of Palm Healthcare Foundation Inc.

The Breakers keeps moving forward with its focus on health and wellness.

A team from the resort recently finished in the top 10 of the **Let's Move: Commit to Change Physical Activity Challenge**. The monthlong campaign started by the **Palm Healthcare Foundation** challenged Palm Beach County residents to exercise for 30 minutes every day in March.

The Breakers placed sixth of 100 teams, logging nearly 600,000 minutes, according to the foundation. Other top teams included Palm Beach State College and the cities of Delray Beach and Boynton Beach.

The physical activity could range from gardening to walking your dog, anything to get active.

“We know that physical activity is one of the most important things you can do to improve our health, improve our mood,” said Marge Sullivan, vice president of communications at Palm Healthcare Foundation. “It can make people feel better, look better and have more energy.”

The Breakers encouraged participation in the Let's Move Challenge and has other programs aimed at employee health.

“We are very focused on individual well-being,” said Pat Ciavola, director of team member development at The Breakers.

The hotel has physical exercise initiatives including the Tower Trek, a staircase climb from the basement to the top of one of the towers. A chart tracks employees' climbs and the top 10 finishers are recognized each year. The Breakers also has an on-site health and wellness coach and plans to add a financial planner for employee use, according to Ciavola.

The Breakers also operates a green market during season where employees can get locally sourced produce at cost and has added healthier foods to the employee cafeteria, Ciavola said.